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Elk Point REVIEW

Bringing You the News since 1984

Tuesday, December 2, 2014
Vol. 34 No. 48 • $1 (GST incl.)

Seniors
Celebrate the season
Page 3

Bantam Avs
Move to Tier
Page 7

Further Ed shows projects
...Page 8

Vicki Brooker photo

Smiling for Santa

Santa was able to coax a little smile from Lincoln when he and the antler-wearing young man posed for photographer Leanne Gilbert at the Seniors' Recreation Centre on Friday during the first of two Christmas Extravaganza photo sessions.

Cold curbs Extravaganza crowds

VICKI BROOKER
Review Staff

A smaller than usual crowd of hardy area residents braved the cold weather and snowy roads Friday night to take part in Elk Point's annual Christmas Extravaganza.

Santa was on site for two photo sessions at the Seniors' Recreation Centre, with the trickle of visitors during the 3 to 5 p.m. session multiplying to a steady flow following his downtown tour in the parade.

Only a sparse crowd lined the Main Street sidewalks for a short but brightly decorated parade of floats and tractor-drawn wagons, with the RCMP leading the way and the Elk Point Fire Department and Prairie EMS bringing up the rear. The firemen had a busy evening, tending two very welcome bonfires on Main Street and also standing by at the fireworks later in the evening. The tractors, their Prairie Tech and Truck-in 2000 banners fluttering in the icy wind, also continued their journeys around town, with fewer passengers than the usual eager lineups.

Stores and restaurants enjoyed a busy day and evening, but the busiest venues were the F. G. Miller High School and the A. G. Ross Arena. The St. Paul Junior B Canadiens came to town for their annual out-of-town game against the Vermilion Tigers at the arena, while all but a few of the vendors turned up for a well-attended craft and trade show at the high school, that event also featuring entertainment by local singers and musicians, a critter zoo and a cake auction that was the latest fundraiser for the Elk Point Travel Club, with Bernie Poitras coaxing bids as high as $105 out of the crowd.

(Continued on Page 2)

Snowy, slippery sidewalks on town agenda

VICKI BROOKER
Review Staff

Sidewalks, slippery sidewalks were a main topic of discussion for Elk Point town council last week, after the first major snowfall of the season had closed sidewalks along Highway 41.

Coun. Lorne Young noted that the town's Bobcat with sweeping attachment does some areas of sidewalk, and suggested that "We need to have a couple of walking corridors that people can use. Why don't we bite the bullet and clean the north side of 50 Ave. and the west side of 51 St.? If we clean them, we guarantee that the lodge, the healthcare centre, the schools and the daycare will have access to downtown."

Mayor Parrish Tung agreed, noting that the bobcat and sweeper are used to clean the walking trail, and could be used to clean the two areas. A motion was subsequently passed to request the Public Works Dept. to sweep the north sidewalk on 50 Ave. from Highway 41 to Heritage Lodge, and the west sidewalk on 51 St. from 50 Ave. to the new north subdivision.

The sidewalks along Highway 41 were a much bigger issue, and one that produced "a lot of comments, and a lot of people were upset last year," according to Coun. Debra McQuinn, who felt the residents who complained "had a valid point." She suggested piling the snow from the sidewalks in parking lots and hauling it away, because "people do use those sidewalks."

The highway sidewalk cleaning issue will be discussed at the upcoming Public Works Committee meeting, with Mayor Tung noting, "We have to ask Public Works if it's doable."

Trail lighting

A quote was received for pickup, delivery and installation of the additional solar lights for the walking trail, but council agreed that this would best be left until spring. This was also tabled to public works.

Extravaganza

Council agreed with requests from the Elk Point Chamber of Commerce for permission for fireworks, a bonfire and street closure for the Christmas Extravaganza, and also agreed to contribute $500 toward Extravaganza.

Booster compressor

Canadian Natural advised the town that they plan to install a sweet booster compressor south and west of town to boost pressure for the transmission of gas into the existing pipeline system and is needed to enable product distribution.

After studying the details provided, council agreed that they did not have any concerns with the project.

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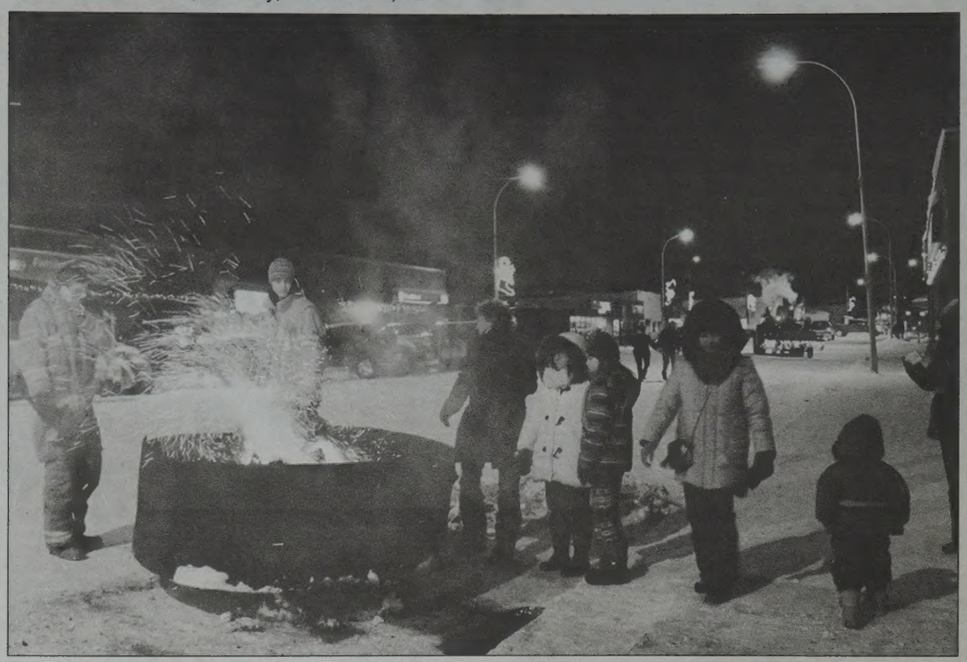


Shoppers (and firefighters) toasting by an open fire on a very frosty Extravaganza evening.

Preparing an entry for the Review's coloring contest was a great way to wait to visit Santa.

FABRIC FANTASY'S
***HAS CLOSED ITS DOORS* FOR GOOD**
Thank you to all my patrons for your past support.
Ellen

Denise and Colin Bjorkman were among a long list of entertainers at F. G. Miller's Craft and Trade Show.

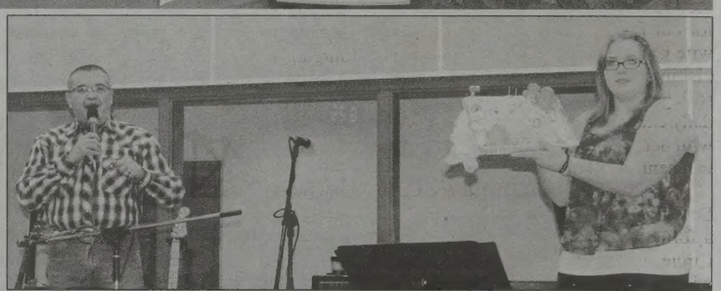
HEINSBURG COMMUNITY CLUB
wishes to announce that their
ANNUAL CHRISTMAS CRAFT, BAKE SALE & TRADE SHOW
will **NOT** be happening this year.
Sorry for any inconvenience.

Elk Point
Heritage Lodge Auxiliary
5338 - 50 Ave., Elk Point
is hosting a
Christmas Bazaar
Sat., Dec. 6
10 am to 2 pm
Featuring Scentsy, Tupperware, Living Lockets & Leggings
EVERYONE WELCOME

Tractors and racks sponsored by Prairie Tech and Truck In 2000 were part of the parade and later took hardy riders on tours.

Graduation will be here before they know it, and these 2015 grads are busy earning to make it a very special event.

Elk Point & Dist. Ag. Society
Annual General Meeting
Thursday, December 18, 2014
7:00 p.m.
Horizon Room, A.G. Ross Arena



Bernie Poitras calls for bids as Ashley Bristow holds up one of the Travel Club's cakes.

Please Light the Tree of Hope

In Memory Of: .....

Season's Greetings From: .....

Special Thoughts For: .....

My Name: .....

Ph. Number: .....

Address: .....

Each Light $10.00 Total Amount Enclosed: .....

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Elk Point Palliative Care

c/o Elk Point Health Centre, Bag 3, Elk Point, AB., T0A 1A0

The FGM P.U.P Group raised money for projects with crafts and cooking.

EPE received 90 shoeboxes!

Elk Point Elementary School's Grade 5 students and Success Coach Doris Pindroch helped to pack up the Operation Christmas Child shoeboxes to be delivered to the church. At right, EPE Library Work Experience Iris and Erin helped sort through the boxes to get them ready.

Diane Dewan photos

Seniors celebrate the Christmas season

VICKI BROOKER
Review Staff

Elk Point Seniors' Recreation Centre was filled with good food, good conversation and good voices raised in favourite carols as the Pioneer Circle continued their long tradition with another Christmas Dinner.

Margaret Modin welcomed everyone and passed on holiday greetings from MLA Shayne Saskiw, who was unable to attend the dinner.

Mayor Parrish Tung brought greetings on behalf of Town Council, and said that as he drove a group of seniors to the event, he told them it was a privilege and an honour to provide that service to them. The dinner is "a tradition for our family," he said, noting that his wife Carmen is currently in Hong Kong visiting her 95-year-old mother, who still gets up bright and early to enjoy daily exercise sessions and get-togethers with her friends. His own mother is now in a seniors' facility.

County of St. Paul Division 2 Coun. Dwight Dach brought his mother, Jean, a former active member of the Pioneer Circle, to the dinner, along with good wishes from the county council. "It's nice that everyone came together to share a meal and pleasantries," he said.

RCMP Sgt. Dave Casey took time out of a very busy weekend to attend the dinner, and said that the detachment had "a busy night. The cold doesn't seem to stop stupidity. We've had far too many impaired (driving charges) in the last few weeks, because people don't think before they do."

Modin thanked the RCMP, noting "We're fortunate to have them in our town," and welcomed Pastor Dave and Marcy Holden of the Christian Community Church and Pastor Jim and Debra MacLellan to the dinner, asking Pastor Jim to give the blessing on the occasion.

After enjoying turkey with all the trimmings, everyone sat back to hear a Christmas message from MP Brian Storseth, who was accompanied by his wife and 14-month-old twins. "Being your MP is one of the greatest privileges I have had, along with being a father." He said he most enjoys "showing up at events like this, finding out your concerns and getting your message to take back to Ottawa." Storseth called for a round of applause for Modin, Erna and Tom Holliday, who keep him informed about what is going on in Elk Point, and concluded, "I really believe this is the best time of year to be in rural Alberta."

Musical entertainment had been planned, but was unable to attend, with Velma Pease stepping in at the last minute to lead the group in acapella singing of a number of favourite carols to round out the afternoon.

Door prizes of poinsettias, candy and nuts went to Myrna Fedorus, Bea Canpbell, Peggy Smereka, Barb Stybel, Jean Ference, Mabel Wruth, Ann Sakowski, Jean Dach and Barb (last name not available).

Margaret Modin (right) gets some help from Peggy Smereka to make a door prize draw.

Apple Drugs

Your Natural Choice •••

Capsule Comments

by Your Natural Choice Apple Drugs Pharmacy Manager, Chris Letawsky

- We always wish we had advance warning of a serious illness about to befall us. There is....for diabetes. It's called *prediabetes* and is a sort of early alert system that says you might be moving toward a full diabetes diagnosis. This can be picked up by certain blood tests ordered by your doctor and if it shows you have prediabetes, lifestyle changes can be made to possibly avoid the disease.
- People have various reasons for not getting their flu shot each year. They may say it's not perfect so why bother? Flu vaccine has saved many lives over the years and yes, it isn't perfect, but with so few side effects it's worth the effort. We encourage everyone, especially healthcare workers to get their flu shot this year.
- Speaking of vaccines, there is a lot of work going on right now to find a vaccine against Parkinson's Disease. An Austrian company has developed a vaccine that is in very early clinical trials. It has been well tolerated and the results have been positive. Money for the research has been provided by the Michael J. Fox Foundation for Parkinson's Research.
- There has been much in the media about taking baby ASA for 5-10 years to reduce your risk of getting bowel, stomach and esophageal cancers. We know we can reduce cancer risk by stopping smoking and losing weight but this ASA method is showing promise. BUT, DO NOT start taking this drug without your doctor's approval. It has side effects which can be damaging.
- *Before you take it, talk about it.* Good advice to follow with any medication.

Pharmaceutical Services Team

Chris Letawsky
Pharmacy Manager

Seyi Oyebode
Pharmacist

Amanda Sidener
LPN/Pharmacy Assistant

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Capsule Comments now available on our Facebook Page
Please visit www.facebook.com/appledrugselkpoint to keep up with what is going on at Apple Drugs Elk Point

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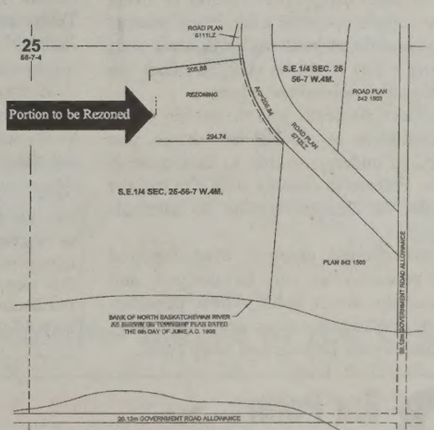
NOTICE

COUNTY OF ST. PAUL NO. 19

Notice is hereby given that the Council of the County of St. Paul No. 19 is considering **Bylaw No. 2014-31** which is a Bylaw to amend the Land Use Bylaw No. 2013-50 as it relates to zoning of the following land:

Part of SE 25-56-7-W4M

Proposed rezoning from Agricultural to Country Residential One



A Public Hearing will be held on **Tuesday, December 9th, 2014 at 10:30 a.m.** or as soon thereafter as can possibly be arranged, at the County Office (5015-49th Ave) in St. Paul.

Copies of the Bylaw and Plan may be inspected during normal office hours at the County Office.

For further information, contact the County Office at 780-645-3301, ext 205.

Krystle Fedoretz
Planning & Development Officer
County of St. Paul No. 19
5015-49 Ave., St. Paul, AB., T0A 3A4

Editorial

Above and beyond

Seeing the Elk Point Public Works crew out in last Thursday's cold and blowing snow, hanging our new Christmas lights on Main Street, was proof that mail carriers are not the only people who go out in all kinds of weather to get the necessary tasks taken care of.

Then there were the firemen who shined up their trucks for the parade, and before and afterward, manned the twin bonfires on Main Street, later also being on hand to stand guard on the fireworks.

The hardy folks who braved the weather and roads to attend Extravaganza, those who decorated floats and wagons and lined up for the parade and the wagon rides afterward also deserve a huge vote of thanks for carrying on with their plans, regardless of the weather.

National Safe Driving Week

It's not just alcohol that impairs

December 1 to 7 is National Safe Driving Week, and the Canada Safety Council is reminding Canadians that it's not just alcohol that impairs.

Driving is such a daily activity we can easily forget that it's a complex task requiring skill, concentration and alertness. In the rush from Point A to Point B, we may not always be mindful of the responsibility involved in piloting two tons of moving steel, glass and plastic. Given the potentially deadly consequences of doing a poor job, doesn't it make sense to bring your best self to the task?

By now, we all know that drinking and driving is a bad idea. But what about drugs and driving?

Let's focus on the effects of weed (marijuana or cannabis) because it's one of the most common illicit drugs found in drivers after a deadly crash.

You might think: "Smoking weed helps me concentrate. Plus, I drive slower. Doesn't that make me a better driver?"

The truth is any safety benefit you might get from driving slower is more than outweighed by the additional risk of slower reaction times, foggier thinking, and altered time perception you experience when high on weed.

Drivers who are high on marijuana tend to compensate by driving more slowly and leaving more follow distance. This behaviour disappears when the driver has a drink, because alcohol makes them feel less impaired even though they are more impaired.

If you have taken weed and alcohol, just don't drive.

Drug impaired driving and the law

It's illegal to operate a motorized vehicle if your ability to drive is impaired by alcohol or drugs, whether illegal or legal drugs, prescription or over-the-counter. That vehicle could be a car, truck, motorcycle, ATV, snowmobile or boat, and it doesn't even have to be moving – you could be charged under the Criminal Code if you're behind the wheel.

If a police officer suspects you of having taken drugs, or a combination of alcohol and drugs, you could be required to undergo testing to determine if you are impaired. Failure to comply with the request for testing results in charges similar to alcohol-impaired driving.

In addition to criminal charges, drug-impaired drivers also face penalties that vary by province, and the type of licence the driver holds. These penalties include immediate roadside suspensions, impounding of the vehicle, loss of your licence and steep fines.

Way Back When....

Burdened roads, Liberal leader, Extravaganza and oilfield waste

Here's the news that made the headlines of the Lakeland Review and Elk Point Review for the week of Dec. 2 in...

1984

Oil development was putting a burden on area roads, and the Elk Point Chamber of Commerce met with the Heavy Oil Advisory Committee to discuss the immediate need for paved secondary highways in the Lakeland, with Bonnyville MLA Ernie Isley urging municipalities and chambers of commerce to give the HOAC lists of their concerns in that regard. Town council passed the bylaw authorizing the town to acquire additional recreation land following the ratepayers' approval of the purchase in the Nov. 14 plebiscite.

1989

Alberta Liberal leader Lawrence Decore visited with town, business and industry leaders, game farmers and senior citizens during a visit to Elk Point and area, visiting a game far, the Pioneer Circle drop-in centre, Elk Point Truss and Heritage Lodge as well as attending a public luncheon. Plans were underway for the Associated Canadian Travelers' first-ever Mini Telerama in Elk Point, with that event planned for late January.

1994

Extravaganza warmed up a frosty Friday, with an enthusiastic crowd ignoring bone-chilling conditions to do some serious shopping, take a hayride, check out the volunteer-made skating rink, visit with Santa and enjoy the roaring bonfire, with Susan MacKinnon, Bernie Hurtubise and Gwen Bristow winning a total of $600 in Elk Point Bucks at the end of the evening. A proposed dry landfill site near Armistice (Hook) Lake faced opposition, with County of St. Paul council inundated with letters from residents in that area citing concerns, although Elk Point town council endorsed the development, provided it met environmental standards.

1999

BPO Elks Grand Exalted Ruler Paul Clendenning received a warm welcome from 14 area lodges when he visited Elk Point, with two District Deputies, OORP Past District Deputy Sharon Algot, nine Exalted Rulers and Elk Point OORP Honored Royal Lady Stella Blazenko bringing greetings from their lodges. Canadian Salt's Lindbergh works would soon accept oilfield waste if the Alberta Energy Utilities Board approved the disposal of the waste in three 450-metre-deep caverns.

2004

There was no snow for Santa's sleigh, so he hitched a ride on the E-Can float in the Christmas Extravaganza parade as Elk Point exploded into the Christmas season with close to 20 minutes of fireworks ending the evening of fun. The Elk Point-based Buffalo Trail Team Roping Association headed and heeled their way into a new season with over 370 teams taking part in a double-header kickoff weekend.

2009

Extravaganza put Elk Point in a merry mood with an afternoon and evening of events, entertainment, organization fundraisers and fun for all ages. Town council shared their policing concerns with RCMP Sgt. Brad Lazicki, with vandalism, destruction of property and young people ignoring the curfew bylaw, as well as speeding on the Iron Horse Trail seen as the major problems.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

Elk Point Review

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Helping hands work hard for 'Mouse'

The Elk Point Agricultural Society was thrilled to be able to present injured team roper Malcolm 'Mouse' McKenzie and his family with a cheque for $80,322, the proceeds from a hugely successful benefit dance and auction held Oct. 18 at the C. G. Baker Memorial Arena. Ag Society member Terra Lee Drobot, one of the event's organizers, said that the generosity of donors, buyers and all those who helped to plan and carry out the event was a major factor in its success.

Submitted photo

Christmas Open House
Hosted by Shayne Saskiw
MLA for Lac La Biche - St. Paul - Two Hills
Friday, December 12, 2014
from 5:00 pm - 8:00 pm
4331 - 50th Ave., St. Paul
(beside Subway)
Stop by the constituency office for some Christmas Cheer
Info? Call 1-866-674-6999
Stay warm & safe this holiday season.
From our home to yours,
Merry Christmas and a Happy New Year!

Avoid a holiday heart attack

This time of year is notorious for heart attacks and heart failures. Holiday overindulgence in sugary foods, alcohol and salt coupled with lack of exercise and increased emotional stress creates a dangerous mix that can take a toll on your heart. Unfortunately, too many people tend to put their own health on the back shelf over the holidays.

FAST FACTS:

The number of cardiac deaths is higher on Dec. 25 than on any other day of the year, second highest on Dec. 26, and third highest on Jan. 1.

Heart-related deaths increase by nearly 5% during the holidays.

There are an estimated 70,000 heart attacks each year in Canada. That's one heart attack every seven minutes.

Every seven minutes in Canada, someone dies from heart disease or stroke.

People tend to gain weight and take in more salt and sugar over the holidays which can increase blood pressure and cholesterol and put additional stress on the heart," says Sherry Torkos Pharmacist and Author of Saving Women's Hearts. "Many are surprised to learn that high blood pressure and cholesterol can be impacted by food and beverage choices and that they can still enjoy the season and avoid holiday weight gain, with a few easy tips."

(Continued on Page 11)

EARLY DEADLINES
DUE TO CHRISTMAS HOLIDAYS
For Dec. 23 issue
Ad Booking Deadline is Tuesday, December 16 at 10 a.m.
For Dec. 30 issue
Ad Booking Deadline is Monday, December 22 at 10 a.m.
CALL 780-645-3342 TO BOOK YOUR AD NOW

Beautiful Babies OF THE YEAR 2014
It's the Elk Point Review's Annual Salute to the
BEAUTIFUL BABIES OF THE YEAR!
In our New Year's edition, Dec. 30, 2014 we will celebrate babies born in the year 2014 by placing them in our paper for only
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ELK POINT REVIEW

Beautiful Babies of the Year 2014!

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Phone _____
Baby's First Name _____
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Son / Daughter (Circle One)
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MC / Visa # _____ Exp. Date _____
Signature _____

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For further information please phone 780-724-4087 or mail or drop off your entry to:
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or email: production@stpaul.greatwest.ca

PLEASE ENSURE YOUR CHILD'S NAME IS MARKED ON THE BACK OF THE PICTURE

~ PHOTOS MAY BE PICKED UP AFTER PUBLICATION ~

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If you get a wash you can enter your name in the draw to win a $25 Shotz Liquor Store Gift Card and a $25 Co-op Gift Card.
Merry Christmas From all the staff at Truck-In 2000
Tel: 780-724-4440

Miracle in the trailer park entertains delighted dinner theatre crowds

VICKI BROOKER
Review Staff

The Elk Point Allied Arts Society wrapped up their annual pre-Christmas dinner theatre series Saturday evening with an excellent crowd on hand to enjoy the final performance of what may well be their best production yet, 'Messiah on the Frigidaire,' directed by Randall Krys and produced by Don Conrad.

Set in a southern USA trailer park, the play tells the story of a couple whose big refrigerator, won in a draw and too big to fit in their teensy trailer, suddenly became the background for a mysterious picture of Jesus, or maybe Willie Nelson, that appeared every night when the street lights came on.

The picture's appearance certainly got the attention of Lou Ann and Dwayne Hightower (Dorothy Wuola and first-time performer Kelly Burke) and their slightly trashy neighbour and former high school classmate Betsy Gridley (Velma Hudson) and distracted them from their concerns over another neighbor's unfortunate attempt to trim a perfectly good hedge into the shape of Disney characters. Although Reverend Cecil Hodges (Lawrence Pidluzny), the preacher from Lou Ann's church said he was "not very good at dealing with miracles" and would have nothing to do with the situation, it also got the attention of the whole country when the "always thinking" Dwayne called the newspaper to report the miracle right in their little town. That report was picked up by a news tabloid, and spread like wildfire. Oh, the power of the press!

So much for small town boredom, a life that prompted Lou Ann to tell Betsy, "There ought to be more to life than living in the nicest trailer park in town." Dwayne was ignoring her, Betsy's husband's idea of the perfect woman would be "one with an antenna on her head and a TV screen on her stomach, like a Teletubby," and excitement was sadly lacking in the trailer park, until that tabloid came out, with a huge and almost immediate reaction.

Jesus may not be on Lou Ann's Frigidaire, but he definitely might be in that cloud of smoke atop her trailer, praising her compassion and assuring her that everything would turn out fine in the long run.

The crowds pouring in to see the phenomenon spurred Dwayne to capitalize on the situation, stocking up on grape NeHi soda, cleverly disguised as "the blood of Jesus" when he was denied a permit to sell wine to the visitors, and salt less saltines, not exactly the "unleavened bread" of the Scriptures, but close enough for the situation at hand. "Maybe the Jesus thing" would be the answer to his humdrum life, a situation he attributed to another former schoolmate, banker Larry Williamson (Don Conrad), who had turned his request for a loan to start a video rental store down flat, and then started one himself.

If nothing else, Williamson would get what was coming to him, after the three neighbours hatched a plan for Betsy to speak to the crowd as a Mexican woman, Mrs. Gomez, who was known far and wide as a believer in miracles. After Williamson welcomed the crowd on behalf of the Chamber of Commerce and announced that there would be discounts for those who said "I love Jesus' when they made a purchase, 'Mrs. Gomez' urged the visitors to visit the stores to nourish their bodies, but there was something they must do first. "Cleanse your souls. Go to the video rental store and destroy all those movies that are leading us astray."

That speech brought new respect for Betsy from Dwayne, who she was amazed to say, "called me a genius, offered me a beer and said thank you all in one day." Both of them agreed that they both loved Lou Ann and wanted only the best for her. As Dwayne told his doubting wife, "I thought I could make you happy. There ain't but a handful of women who can say that."

Dwayne and Betsy loved Lou Ann, and the crowd certainly loved Mrs. Gomez. "Look at al those faces; they just love me. It's not a bad lie," she told the doubtful Lou Ann, as the two folded laundry on a quieter day in the trailer park. Dwayne begged for the phenomenon to last "just two weeks more" until he had enough money to set him and Lou Ann up for life, but she argued that "it's not just about the money, I'm scared."

'Mrs. Gomez' stepped in to deliver just one more message to the crowd, the short and good advice, "Love one another," and once again became Betsy, threatening to blackmail the womanizing banker with her tape recording of his boasting about her not being his only indiscretion, leading the shady dealer to flee from the hills and saving him from being punched out by Dwayne.

Tired from all the drama, Lou Ann was horrified when a woman and her blind son (Diana and Andrew Richer) came to her porch, begging to be allowed to touch and pray to the apparition on the Frigidaire. Their prayers were not rewarded, presumably because the kid did not love Jesus, despite his protestations to the contrary. She was sweeping up the porch when another stranger (Alan Kostyniuk) appeared, this one in a puff of smoke atop the trailer and bearing a startling resemblance to the face on the fridge. The stranger assured her that all would be well, and praised her compassion for others before disappearing as suddenly as he came. It was only then that she and Dwayne, who came out of the trailer to ask who she'd been talking to, noticed that the face had changed considerably, now sporting sideburns and a pompadour.

"You know who that is, don't ya?" he asked, breaking into some wild rock-and-roll dance and singing into an invisible microphone. "It's Elvis. Wait till the world sees this!"

GET IT BEFORE YOU NEED IT.

Influenza visits Alberta every year. The good news? Influenza vaccine can protect you first.

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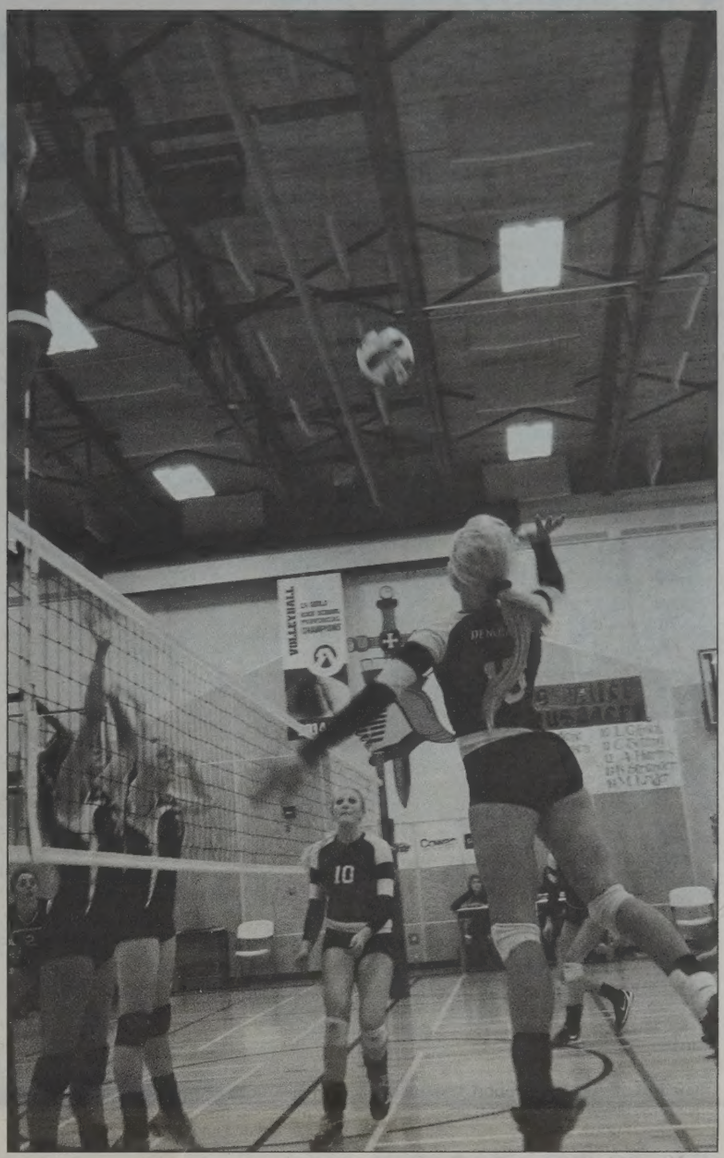
Dave Shankowski photo

Going for the gold

Concentration and dedication were key to winning the gold medals at 2A Girls Provincials for the Magrath Pandas, who defeated the Spirit River Regional Academy Pandas (shown at right) in the final game of the tournament hosted by F. G.. Miller High School.



Bantam Avalanche takes on Tier 2A challenge

doug BASSETT
Review Sports

The Bantam Avalanche have been having a terrific year, so well in fact that they have been re-tiered as of last weekend to the next higher level, now playing in the tier two A. This is a good thing but it also means they will have to step up their game, start playing at a faster pace, making quicker decisions when moving the puck, tighter checking in our own end, which can only make the team stronger in the long run, but it might be a little tough to take for a while after winning every league game in November. On Sunday the Avalanche traveled to Cold Lake, not only was the team they played just a little stronger, hey also had a very big and quick goalie who shut the door on them every time they came knocking.

The Atom Avalanche took on a tier one team on Sunday from Meadow Lake in an exhibition game. The outcome was not that pretty but that didn't seem to slow down the "Jet Stream" Jaden Van Maarion, who scored five goals. The monster defenseman Odin "the Wall" Smith walked into one and hammered it home one from the point, Defenseman Luke "Sky Walker" Poulin walked in all alone for a pretty end to end. Excellent skater and playmaker "Mic Jager" Fontaine with a couple of sweet passes for assists, Brady "Oscar" Hymanyk with a helper too. Some serious for checking and back checking by Nathaniel Cousins and Rylee "the Rocket" Warawa.

The Peewee Girls Storm have been improving week by week, the shot count is coming down and they are getting the puck into the opposition end of the rink more consistently and getting a few shots on goal themselves. Jenna "Precious" Poitras with two of the better chances on her shots, Sydnee Crawford, Kaylee Hannin, Jaeanna Saskiw and Paula Hladunewich all played a strong skating game and showed much improvement from two weeks ago. Missy Sparklingeyes was doing an awesome job of back checking, little Laramie Parr not intimated by anyone, her sister rugged Jelena along with the aggressive Tiyra Noel and Paityn Chartrand were all doing a fine job of protecting their goalie, Erin "the Rock Star" Duffee who only faced 75 shots in this one, that's down from 88 two games ago.

It was his first time between the posts for rookie goalie Kale Hoeving when the Novice Avalanche played at home against St. Paul, but he put on a fabulous performance with the support of the whole team, superb back checking by all the forwards. Great positioning by the first year players Kaleb Flammond and Vaughn Ockerman who did an especially good job of covering their point man.

The Peewee Avalanche played at home on Sunday against the Lac La Biche Clippers, the Avalanche clipping their wings, the final score 11 to 3; Just like he had a set of wings himself and was floating on air, the talented Charlie "Angel" Rogal with four goals. Big power forward "Danny Boy" Cardinal with two really nice one timers from the slot "Lightning Liam" Ludlage with the two set ups, he also added two goals himself. The "Stafford Streak" defenseman Jace Stafford jumping into the play with a nice tip on what was supposed to be a shorthanded penalty kill. "King Cole" Bendixen with a goal and three assists. And the newly well deserving team captain "Coast to Coast" Connor Lychak with one goal as well. Although they never received any points on the score sheet two of the hardest workers on the ice were Dallas "Cowboy" Bristow and Brandon Goertzen who both showed a lot of heart and contributed in many other ways. Defense partners "Ragging Paige 'Henderson and "Hammering Hank "Rogal both were strong holding the line, they were both also on the score sheet received assists.

Now for the K.A. Campbell quote of the week: "Coaches are like ducks. Calm on top but paddling underneath, believe me there's a lot of leg movement." Last week's answer to: "American professional athletes are bilingual; they speak English and profanity."- Gordie Howe.

We're counting down to Christmas... just 23 days are left to shop local, attend choir and school concerts and enjoy all the holiday events on a busy December calendar. Have fun!

Let it snow! Let it snow! Let it snow!

It's the winter season again and the County of St. Paul wants to remind residents that snowplowing of private driveways is a service offered by the County. A Snow Plow Agreement must be signed by all residents prior to the service being provided.

Residents can purchase a one-time Snowplow Flag for $20 from the St. Paul County Office, Elk Point Town Office, and County Public Works Shop. The County encourages residents to purchase several flags at a time to ensure that they do not get stranded without a flag.

The County offers Snow Flags free of charge to seniors. Seniors are provided with a yellow flag that can be left out all winter and the grader operator will clear the driveway when needed. To avoid difficulties, it is recommended that seniors place their flags during the Fall season prior to the first snowfall.

It is very important that Snow Flags are placed in a location that is highly visible to equipment operators and to attach the flag securely.

The County strives to have County roads cleared within five days of a winter storm event. Every effort is made to achieve this goal and the County appreciates your patience.

The County would like to remind residents that when clearing driveways and pushing snow across roadways, they are requested not to leave ridges on the road as this causes unsafe road conditions and impedes our equipment operators in their efforts to remove snow.

The County of St. Paul wishes all residents a happy, safe and festive winter season!

Further Ed shows off fall projects

VICKI BROOKER
Review Staff

The results of the fall's Further Education classes and other carefully crafted projects were on display at the Show and Tell Lunch, along with a special display of wood carving (left) created by Elk Point artisan Hans Rohner.

Elk Point Further Education held their semi-annual Show and Tell luncheon last Wednesday, with a good crowd enjoying a potluck that includes plenty of seasonal goodies. Games, a gift exchange and an opportunity to admire projects created during the fall were also part of the afternoon.

This year, the event also had a guest speaker. Daleen Pinder, who has now become a certified professional life coach, gave the ladies some valuable hints on coping the busy schedules that come with the fast-approaching holiday season.

"Christmas is about celebration, family and friends," she said, advising her listeners to decide "what is most important to you, and why. We all get so busy, busy, busy and we need to go from erratic running around to taking a moment to calm ourselves and refocus."

The first step, Pinder said, is to "stop and assess which of two states of mind you are in, emotional or logical. If it's emotional, walk away, take a 90-second break, take a deep breath and slip into logical. This has been very beneficial for me and my family."

She handed out sheets entitled "The 4 D's of Success" and invited participants to "dump all the things that are in your thoughts" into the box that topped the sheet. Next, she said, "Prioritize what needs to get done." Three top priorities – "And only three, over three makes you overwhelmed" – go in the next box, things to delegate to others in the third box, things that can be deferred in a fourth box and things that should be dumped.

Setting goals that you can be successful at is important, she noted. "We put our attention on the 'gotta dos'; don't be so hard on yourself. " Finally, she urged everyone to be kinder and gentler to others.

The afternoon would up with the quilt draw, with Debra Diamond and Lynda Gillespie the winners of a pair of handsome quilts.

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New 'Adventure hours' ahead for Parkview's retiring activity director

VICKI BROOKER
Review Staff

A long and enjoyable career came to an end last Friday for Parkview Extended Care's activity director Carolyn Onusko; a career she said was "a wonderful job."

Onusko has been part of the Elk Point Municipal Hospital/Elk Point Health Care Centre family for 41 years. "I worked in nursing in the old hospital," she noted. One day, 31 years ago, "they asked if I would take the long term care activity director position for three months. I've been in recreation for 31 years." She took the position with some reluctance, she said, but soon found she enjoyed the variety of activities the job entailed.

One of these activities was the regularly scheduled Adventure Hour, when local residents came in to show off their collections, demonstrate crafts and hobbies, and even bring in their pets. "I remember Mrs. Edith Mitchell showing the residents how to plant terrariums and sharing her knowledge. People brought us such a variety of interesting presentations." Resident of the Month was another popular event, where each resident had a turn in the spotlight over the years before FOIP came into being.

Parkview has been open for 20 years, and Onusko has enjoyed decorating the facility for all the special days throughout the year, taking residents on trips, and hosting individual birthday parties for each resident. "I feel that's so important that each resident is celebrated on his or her birthday. I've also bought a Christmas present for each of them every year," she noted, adding that she will miss doing that special task this year.

She was proud that Parkview residents always grew "a good garden; we grew potatoes for special meals," such as Christmas, when the staff "always roasted a turkey. Everyone needs to smell the turkey cooking."

Overall, Onusko says, "I feel best that I never counted the days to retirement. I enjoyed each day.

With retirement now a reality, Onusko plans to do more traveling, and has started taking art lessons. She also wants to try out various crafts, and find new and different ways to have "one fun life."

Photos dating back through her more than four decades of nursing and as activity director at Elk Point Municipal Hospital and Parkview Extended Care form a nostalgic background for Carolyn Onusko as Parkview residents congratulated her on her retirement last week after 41 years and wished her well. Her departure is not a permanent goodbye to the residents, as she plans to come back as a volunteer some time in the future.

Vicki Brooker photo

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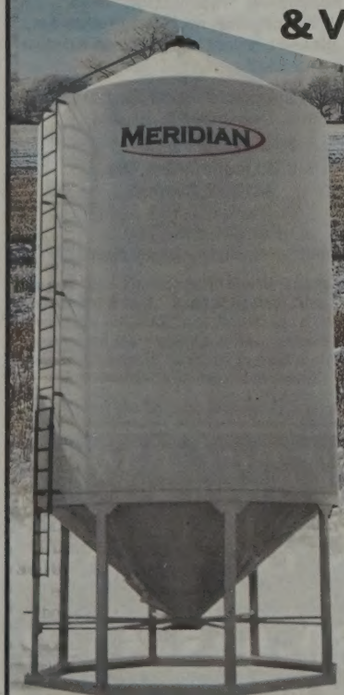

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EMPLOYMENT OPPORTUNITY

COMPUTER TECHNICIAN - *Level 1*

St. Paul Education Regional Division No. 1 requires a Computer Technician level 1 to add to our existing IT department in providing support services for school staff, students, school computers and networks. As a Computer Technician 1, you will be providing and assisting staff and students with their desktop support services both in person and remotely. Some of your key responsibilities include: providing excellent customer service; troubleshooting and resolving technical issues; providing desktop related advice; deployment of hardware and software; deployment of new or replacement desktops and laptops; and other duties. This Computer Technician will be assigned mainly to Ecole Mallaig School and as required to the Ashmont schools. Salary will depend on qualifications and experience. Position to commence as soon as a suitable candidate is found.

For additional information regarding the job description and commencement date, please contact Mrs. Glenda Bristow at 780-645-3323.

*Resumes should be submitted no later than **December 8, 2014** to:*

Mrs. Glenda Bristow
St. Paul Education Reg. Div. No. 1
4313-48 Avenue
St. Paul, AB T0A 3A3
Fax 780-645-5789
E-mail: glenda_bristow@sperd.ca

Successful candidate must possess their own vehicle, a valid driver's license, driver's license abstract and a cell phone. In accordance with Board Policy, the successful applicant will be required to provide a current Criminal Record Check and Alberta Children's Intervention Record Check.

Only those applicants shortlisted will be notified.

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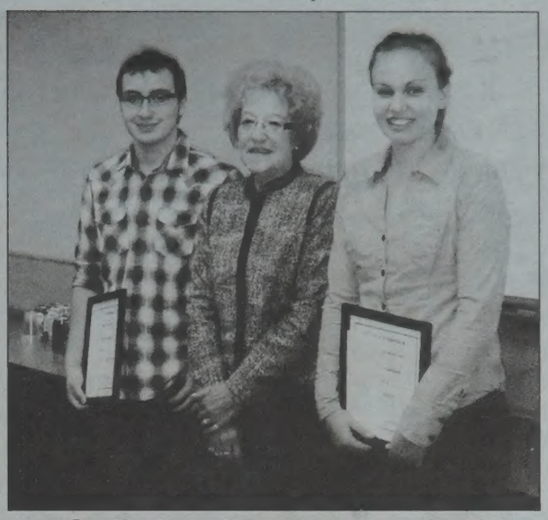
Legion donation

Elk Point Review advertising manager Melanie McRae was pleased to present a cheque for $360 to Roger Freeman of the St. Paul Royal Canadian Legion Branch, The donation was raised from the sale of poppies printed in the Nov. 4 Elk Point Review as a tribute to our Armed Forces veterans.



Scholarships presented

Bernice Capjack presented the Dr. Anne Weigerinck Scholarships, sponsored by the Elk Point Health Care Auxiliary, to Jarred Loughran and Dayle Oster.

Olaf on board

Olaf, from the very popular movie 'Frozen' had no fears of thawing out as he toured the parade route on Elk Point Realty's float, in the company of a bear, mouse and other friends clustered around the Christmas tree with their giant gifts.

Heart

(Continued from Page 5)

Timely tips

- If you are making a plate of food, follow the 3/4 rule. Fill up 3/4 of your plate with healthy items like vegetables, nuts and fruit and fill the other 1/4 with whatever you like. This will help you eat less calories without having to count them.
- It's easy to go to holiday celebrations and fill up on alcohol, eggnog and the like, but drinks have hidden calories that can really add up and excessive alcohol consumption can contribute towards heart disease or stroke. For a healthy alternative, swap your sugared beverages with zero-calorie option like Nestlé Pure Life Sparkling Natural Spring Water that won't leave you feeling bored with your beverage.

Strive for healthy sleep patterns by sticking to a regular bedtime schedule during the holidays to prevent carbohydrate cravings. If you sleep you won't be as hungry.

OBITUARY

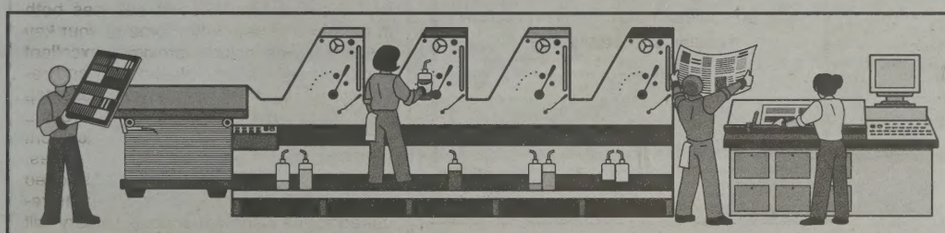
FAITHFUL-QUINNEY, Norma

On November 22, 2014, Mrs. Norma Faithful-Quinney of Frog Lake passed away at the age of 76 years.

She is survived by her loving husband, Lloyd; children, Gloria (Robert) McGilvery of Saddle Lake, Clarence (Dianne) Faithful & Laura Faithful all of Frog Lake, Audrey Faithful of Edmonton, Wanda Faithful of Frog Lake, Valerie Faithful (Oliver Paul) of Kehewin, Cheryl (Hector) Deschamps & Dwayne (Monica) Faithful all of Fishing Lake & Dorothy (Arnold) Whitstone of Frog Lake; adopted children, Joe Waskewitch Jr., Elizabeth Mountain, Suzette Waskewitch & Sophia Harper; 37 grandchildren; numerous great-grandchildren; 1 great-great grandaughter; siblings, Eric Moyah, Joe Moyah, Esther Moyah, Cecile Moyah, Doreen Moyah (Mick) & Dorothy Moyah; adopted brothers & sisters all over; numerous nieces & nephews. She was predeceased by her parents, Thomas Moyah & Ellen Kameyousit (Fiddler); first husband, Phillip Faithful; sisters, Rose McCarthy, Bonnie Moyah, Susan Moyah & Mary-Rose White; brother, Jimmy Moyah; niece, Darlene McCarthy; 2 grandsons, Christopher & Evan; great-grandson, Jr. Prosper Ethan Morin; 2 great-grandaughters, Crystal Poitras & Kihtawaso Wapikwaniy Isadore McGilvery (Beautiful Flower).

A Wake was held on Tuesday & Wednesday, November 25 & 26 at Frog Lake Band Hall, Frog Lake. Services were held at 7:00 p.m. on both evenings. A Funeral Service was held on Thursday, November 27 at 11:00 a.m. at Frog Lake Band Hall, Frog Lake. Reverend Father Thomas Nguyen officiated, with interment in Clearwater Lake Cemetery, Frog Lake. To send condolences online, please visit www.gracegardensfuneralchapel.com.

GRACE GARDENS FUNERAL CHAPEL
5626-51 Street
St. Paul, AB. T0A 3A1
Ph. 780-645-2677



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IN MEMORIAM

SENIUK, Steve

Mar. 27, 1944 - Dec. 2, 2006

Death leaves a heartache, that nothing can heal
Love leaves a memory, no one can steal.

We missed you then, We miss you still, We miss you now and always will.

Fondly remembered.
Carolyn and Family.

Here comes the parade! Left to right, Hahn Welding, Wanda Lynn's Body Shoppe and Shamrock Valley Ent.. head up Main Street.

New Facilities Opening near Tulliby Lake

Hello! You have new neighbours that are excited to become a trusted partner within your community. Our SECURE family is committed to the environment, the communities we operate in and finding the right people to join our growing team.

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SECURE is now hiring:
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Crowds

(Continued from Front Page)

During the day and evening, shoppers received draw slips at participating stores, to enter the draw for six locally purchased or donate merchandise prizes, with the winning tickets drawn just before the St. Paul and District Co-op's Elk Point Branch closed its doors. Winners were: Carole Kulczycki, popcorn popper; Rick Lok, tools and snow brush; Kimmy Hudy, slow cooker; Leona Peters, decorated lantern; Gisele Kotowich, sack of six snazzy snowmen; and Brenda Highton, hair care kit.

Possibly the biggest crowd all evening gathered along Railway Ave. just before 10 p.m., for a truly extraordinary fireworks finale that was well worth waiting for.

More Extravaganza pictures on Page 2

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